



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09226, Papayas, raw ^c

Report Date: June 30, 2017 16:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:38% Refuse Description: Seeds and skin

Nutrient	Unit	1	Data points	Std. Error	1 cup 1" pieces	1 cup, mashed 230g	1 fruit, small 157g	1 fruit, large 781g
		Value Per100 g			145g			
Proximates								
Water ^{1 2 3 4 5 6}	g	88.06	72	1.096	127.69	202.54	138.25	687.75
Energy	kcal	43	--	--	62	99	68	336
Energy	kJ	179	--	--	260	412	281	1398
Protein ^{1 2}	g	0.47	9	0.094	0.68	1.08	0.74	3.67
Total lipid (fat) ^{1 2}	g	0.26	9	0.145	0.38	0.60	0.41	2.03
Ash ^{1 2}	g	0.39	9	0.087	0.57	0.90	0.61	3.05
Carbohydrate, by difference	g	10.82	--	--	15.69	24.89	16.99	84.50
Fiber, total dietary ^{1 2 3 4}	g	1.7	9	0.184	2.5	3.9	2.7	13.3
Sugars, total ²	g	7.82	3	1.405	11.34	17.99	12.28	61.07
Sucrose ²	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Glucose (dextrose) ²	g	4.09	3	0.684	5.93	9.41	6.42	31.94
Fructose ²	g	3.73	3	0.722	5.41	8.58	5.86	29.13
Lactose ²	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Maltose ²	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Galactose ²	g	0.00	3	0.000	0.00	0.00	0.00	0.00
Starch ²	g	0.00	1	--	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca ^{1 2 5 7}	mg	20	70	2.114	29	46	31	156
Iron, Fe ^{1 2 5 7}	mg	0.25	70	0.062	0.36	0.57	0.39	1.95
Magnesium, Mg ^{1 2 5 7}	mg	21	70	1.665	30	48	33	164

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 1" pieces 145g	1 cup, mashed 230g	1 fruit, small 157g	1 fruit, large 781g
Phosphorus, P 1 2 5	mg	10	69	2.206	14	23	16	78
Potassium, K 1 2 5 7	mg	182	70	11.140	264	419	286	1421
Sodium, Na 1 2 5 7	mg	8	70	2.031	12	18	13	62
Zinc, Zn 1 2 5 7	mg	0.08	70	0.008	0.12	0.18	0.13	0.62
Copper, Cu 1 2 5 7	mg	0.045	70	0.012	0.065	0.103	0.071	0.351
Manganese, Mn 1 2 5 7	mg	0.040	70	0.016	0.058	0.092	0.063	0.312
Selenium, Se	µg	0.6	--	--	0.9	1.4	0.9	4.7
Vitamins								
Vitamin C, total ascorbic acid 1 2 5 13	mg	60.9	73	3.838	88.3	140.1	95.6	475.6
Thiamin 1 2	mg	0.023	9	0.006	0.033	0.053	0.036	0.180
Riboflavin 1 2	mg	0.027	9	0.005	0.039	0.062	0.042	0.211
Niacin 1 2	mg	0.357	9	0.027	0.518	0.821	0.560	2.788
Pantothenic acid 1 2	mg	0.191	9	0.052	0.277	0.439	0.300	1.492
Vitamin B-6 1 2	mg	0.038	9	0.012	0.055	0.087	0.060	0.297
Folate, total a 1 2	µg	37	8	1.515	54	85	58	289
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	37	8	1.515	54	85	58	289
Folate, DFE	µg	37	--	--	54	85	58	289
Choline, total	mg	6.1	--	--	8.8	14.0	9.6	47.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE 1 2 5 8 9 10	µg	47	--	--	68	108	74	367
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta 1 2 5 6 8 9 10	µg	274	76	122.108	397	630	430	2140
Carotene, alpha 2 5 6 10	µg	2	67	2.276	3	5	3	16
Cryptoxanthin, beta 1 2 5 8 9 10	µg	589	75	160.896	854	1355	925	4600
Vitamin A, IU 1 2 5 8 9 10	IU	950	--	--	1378	2185	1492	7420
Lycopene b 2 5 6	µg	1828	22	206.714	2651	4204	2870	14277
Lutein + zeaxanthin 2 5 10 12	µg	89	67	31.655	129	205	140	695
Vitamin E (alpha-tocopherol) 2 11	mg	0.30	5	0.097	0.43	0.69	0.47	2.34
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta 2 11	mg	0.02	5	0.013	0.03	0.05	0.03	0.16

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 1" pieces 145g	1 cup, mashed 230g	1 fruit, small 157g	1 fruit, large 781g
Tocopherol, gamma 211	mg	0.09	5	0.009	0.13	0.21	0.14	0.70
Tocopherol, delta 211	mg	0.01	5	0.013	0.01	0.02	0.02	0.08
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	2.6	--	--	3.8	6.0	4.1	20.3
Lipids								
Fatty acids, total saturated	g	0.081	--	--	0.117	0.186	0.127	0.633
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.002	2	--	0.003	0.005	0.003	0.016
14:0	g	0.013	3	--	0.019	0.030	0.020	0.102
16:0	g	0.060	3	--	0.087	0.138	0.094	0.469
18:0	g	0.004	3	--	0.006	0.009	0.006	0.031
Fatty acids, total monounsaturated	g	0.072	--	--	0.104	0.166	0.113	0.562
16:1 undifferentiated	g	0.038	3	--	0.055	0.087	0.060	0.297
18:1 undifferentiated	g	0.034	3	--	0.049	0.078	0.053	0.266
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.058	--	--	0.084	0.133	0.091	0.453
18:2 undifferentiated	g	0.011	3	--	0.016	0.025	0.017	0.086
18:3 undifferentiated	g	0.047	3	--	0.068	0.108	0.074	0.367
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Amino Acids								
Tryptophan	g	0.008	6	--	0.012	0.018	0.013	0.062
Threonine	g	0.011	1	--	0.016	0.025	0.017	0.086

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Isoleucine	g	0.008	1	--	0.012	0.018	0.013	0.062
Leucine	g	0.016	1	--	0.023	0.037	0.025	0.125
Lysine	g	0.025	7	--	0.036	0.058	0.039	0.195
Methionine	g	0.002	5	--	0.003	0.005	0.003	0.016
Phenylalanine	g	0.009	1	--	0.013	0.021	0.014	0.070
Tyrosine	g	0.005	1	--	0.007	0.012	0.008	0.039
Valine	g	0.010	1	--	0.014	0.023	0.016	0.078
Arginine	g	0.010	1	--	0.014	0.023	0.016	0.078
Histidine	g	0.005	1	--	0.007	0.012	0.008	0.039
Alanine	g	0.014	1	--	0.020	0.032	0.022	0.109
Aspartic acid	g	0.049	1	--	0.071	0.113	0.077	0.383
Glutamic acid	g	0.033	1	--	0.048	0.076	0.052	0.258
Glycine	g	0.018	1	--	0.026	0.041	0.028	0.141
Proline	g	0.010	1	--	0.014	0.023	0.016	0.078
Serine	g	0.015	1	--	0.022	0.034	0.024	0.117
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
Flavonoids								
Flavones								
Apigenin ¹⁴	mg	0.0	4	0	0.0	0.0	0.0	0.1
Luteolin ¹⁴	mg	0.0	4	0	0.0	0.0	0.0	0.2
Flavonols								
Kaempferol ^{14 15}	mg	0.0	5	0	0.0	0.0	0.0	0.1
Myricetin ^{14 15}	mg	0.0	5	0.01	0.0	0.0	0.0	0.2
Quercetin ^{14 15}	mg	0.0	5	0	0.0	0.0	0.0	0.0
Isoflavones								
Daidzein ¹⁶	mg	0.00	1	--	0.00	0.00	0.00	0.00
Genistein ¹⁶	mg	0.00	1	--	0.00	0.00	0.00	0.00
Total isoflavones ¹⁶	mg	0.00	1	--	0.00	0.00	0.00	0.00

Sources of Data

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¹⁵Lako, J., Trenergy, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods., 2007 Food Chemistry 101 pp.1727-1741

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Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically

^b Based on red-fleshed papaya; yellow-orange-fleshed papayas have 0 mcg lycopene/100 g.

^c Large variability in weight of whole fruit, especially between different cultivars.